

**THE PACIFIC  
Commercial Advertiser.**

**Under Chloroform.**

HOW THEY CUT A MAN'S LEG OFF.  
We extract from an article in "The Cornhill Magazine" the following account of a surgical operation at one of the London Hospitals.

The room itself is small, of a horse-shoe form, and surrounded by seats rising on a steep incline, one above another, to the number of eight or nine tiers. From 100 to 150 students occupy these, and pack pretty closely, especially on the lower seats, so that there is no room to move. For an assemblage of youths between eighteen and twenty-five years, who have nothing to do but wait, they are tolerably well-handsome and quiet. Three or four practical jokers, however, are distributed among them, and so the time passes all the quicker for the rest. The clock has not long struck two, when the folding-doors open, and in walk two or three of the most eminent surgeons of the day, followed by a staff of dressers, and a few professional-looking boys, the latter being confined to seats reserved for them on the lowest and innermost tier. A small table, covered with instruments, occupies a place on one side of the room; water, sponges, towels, and lint, are placed on the opposite. The surgeon who is about to operate, rapidly glances over the table, and sees that his instruments are "in order." He then takes a chair, and begins to take charge of the tools, and, with one assistant to hold the limb, a third to hand the instruments, and the last to take charge of the sponge. This done, and while the patient is inhaling chloroform in an adjoining apartment, under the care of a gentleman who makes that his special duty, the operator gives to the now-hushed and listening auditory a brief history of the disease, and of the mode of its removal, and the reasons why it is to be performed. He then places his hands on the limb, and begins to make his incision. The patient is unconscious, and the assistants are fully occupied in holding up the patient, and in attending to his wants. And so the operation is performed. He has scarcely closed, when the unconscious patient is brought in by a couple of sturdy porters, and laid upon the operating table, a small, but strong and steady erection, four feet long by two feet wide, which stands in the centre of the area. The left being the doomed limb, the right is fastened by a bandage to one of the supports of the table, so as to be out of harm's way while the operation is in progress. The case is seated on a low stool at the foot of the table, and supports the left. The surgeon who assists, encircles the upper part of the thigh with the tourniquet, placing its pad over the femoral artery, the chief vessel which supplies the limb with blood, and prepares to screw up the instrument, thus to make sure that no considerable amount of the vital fluid can be lost. The operator, standing on the left side of the cross-lying leg, and holding his left hand over the knee, and the foot of which the blood is at least ten inches long, and looks marvelously bright and shiny, directs his eye to him who gives the chloroform, and awaits the signal that the patient has become perfectly insensible. All is silence profound, every assistant stands in his place, which is carefully arranged so as not to intercept the view of those around.

The words "quite ready" are no sooner whispered, than the operator, grasping firmly with his left hand the flesh which forms the front of the patient's thigh, thrusts quickly and deliberately the sharp blade horizontally through the limb, from its outer to its inner side, so that the thigh is transfixed a little above its central axis, and in front of the bone. He next cuts directly downwards, in the plane of the limb, for about four inches, and then obliquely outward, so as to form a flap which is then turned upward out of the way by the appointed assistant. A similar transfusion is again made, commencing at the same spot, but the knife is this time carried behind the bone; a similar incision follows, and another flap is formed and held away as before. Lastly, with a rapid circular sweep round the bone it divides all left ventricle; and handing the knife to an assistant, who takes it, and gives a saw in return, the operator, who is now in contact with the skin, makes his strokes and the limb is freed from the body. A rustling sound of general movement and deep breathing is heard among the lookers-on, who have followed with straining and critical eyes every act which has contributed to the accomplishment of the task; and some one of the younger students is heard to whisper to his neighbour, "Five and thirty seconds: not bad, by Jove!"

The operator now seats himself on the stool just vacated by the dresser, who has carried away the leg, and looks in the cut surface before him the end of the main artery on which to place a ligature. There is no flow of blood, only a little oozing, for the tourniquet holds life's current hard and fast. Only five minutes' uncontrolled flow of the current from that great artery now so perfectly compressed, and our patient's career in this world is held in check? How it will be to submit to such a long, burning, sparkling, and searing iron, and the boiling pitch? The operator takes hold of the cut end of the artery with a slender, delicately made pair of forceps, and draws it out a little, while an assistant passes round the end so drawn out a ligature of exceedingly fine white cord, fine, strong, and carefully tied it with double knot, and so effectually closes the vessel. A similar process is applied to passing six or seven more arteries, and the tourniquet is removed, and no bleeding ensues.

Altogether the patient has lost little more than half a pint of blood! The flaps are placed in position, the bone is well covered by them, a few suturest are put through their edges, some cool wet lint is applied all around the stump, and the patient slumbering peacefully, is carried off to a comfortable bed ready prepared in some adjacent ward. Half an hour hence that patient will regain consciousness, probably the first observation of the day will be "A man really fit for operation, when is it going to begin?" And it takes no little repetition of the assurance that all is over to make him realize the happy truth.

21. That one means of improving my health was to increase my strength.

31. That the stronger I became, the healthier I became.

41. That it was as easy for me to increase the strength of my body as it was that of a magnet.

51. That, by developing my body harmoniously, I could produce the possibility of harm, or any other serious injury, that otherwise might arise from an extremely violent action of my muscles.

61. That lifting, if properly practised, was the surest and quickest method of producing harmonious development; while it was also the most strenuous exercise, and exercises, and consequently the most healthful.

71. That it was better, while exercising, to perform twenty different feats once, than onefeat twenty times.

81. That it was possible for me to take, in fifteen or twenty minutes, all the gymnastic exercises that I should need in twenty-four hours.

91. That I could gain faster in strength by forty minutes' gymnastic exercise, than by two days of twenty minutes of the same daily.

101. That, as my strength increased, my exercises should be more intense, but less protracted.

111. That increase of the muscular power was attended with increase of the digestive.

121. That one means of increasing the digestive power, was to increase the muscular.

131. That many articles of food had formerly proved injurious to me, not because they were really unwholesome, but because I was unable to digest them.

141. That a person may become possessed of great physical strength, without having inherited it from his parents.

151. That by increasing the strength, a predisposition to certain diseases may be removed, and diseases already present removed or mitigated.

161. The increase of strength cannot long continue on a diet exclusively vegetable.

171. That it was better, while exercising, to perform take place less from the skin, but more from the lungs and other excretaries.

181. That what becomes a part of the body, benefits more or less, the whole.

191. That, long before I succeeded in lifting 1100 lbs. with the hands, or in shouldering a barrel of flour from the floor, I had to be troubled with such headaches, nervousness and indigestion.

201. That a delicate boy of seventeen need not despair of becoming in time a remarkably strong and healthy man.

He then adjusted a ladder over the stage and fastening a strap to one of its rounds, passed the little finger of his left hand through it, and by that finger lifted his whole weight, supported himself several seconds, and lowered himself slowly and steadily. Then he raised himself six times in succession by the middle finger of his right hand, finally supporting his weight on the feet of the ladder, and a barrel of flour without contact with anything except the body was far more difficult than it seemed, he took hold of the barrel, raised it into his arms, and by a succession of powerful efforts raised it to his shoulder where it remained a minute. He then lowered it so steadily and slowly that it was not heard to touch the floor at all. After all these feats he was heartily applauded, and the audience were requested to give him a hearty hand-clap.

There was no clapping about those feats, and they certainly constituted a most wonderful display of strength. The lecturer stated that in the open air, and when in his best condition, he could lift with the hands 1200 pounds, and by the straps between two and three thousand.

Every one of his listeners felt the force of the Doctor's question: If I at seventeen a delicate young man, can acquire such strength, what cannot each of you accomplish in development?

We need not say that Dr. Windship's health is perfect. His suggestions were in the main given in the rules published by us yesterday, and if people generally would follow his plan of physical development the medical profession would soon find comparatively little demand for its services, and the general happiness would be greatly increased.

**Physical Culture.**—Of all sanitary reformers, Dr. Windship of Boston, will probably assume the most popularity, for he advocates nothing that is not against the grain of our humanity. In particular he takes stand against those two old dogs which indicate the hygienic necessity of rising from the table hungry, and from bed sleepy. He says, never rise from table unsatisfied; never get out of bed so long as you have any inclination to do so; and the Doctor's prescription is not only pleasant but sensible.

But let the Doctor let the Doctor speak for himself. He says:

"I was nearly seventeen years of age before I seriously undertook to improve my physical condition. I was then but five feet in height and a hundred pounds in weight. I was rather strong for my size, but not strong for my years, and my health was not vigorous. I am now twenty-six years of age, five feet seven inches in height, and one hundred and forty-eight pounds in weight. My strength is more than twice that of an ordinary man, and my health is as excellent as my strength."

What has produced this astonishing change in my physical condition during the last nine years? I will attempt to sum up a few of the proximate causes that may have led to this result.

1st. I have breathed an abundance of pure fresh air almost constantly.

2d. I have exposed myself sufficiently to the sun.

3d. I have eaten an abundance of wholesome food.

4th. I have drunk less than a quart of spirituous liquors, and less than a gallon of fermented.

5th. I have used less than an ounce of tobacco.

6th. I have taken, nearly every day, about a half-hour's gymnastic exercise in the open air.

7th. I have conformed to the customs of society so far as far as they were not at variance with health.

8th. Regarding prostration as the chief祸, but also of health, I have shunned it as especially dangerous in all matters pertaining to physical well-being.

9th. I have poisoned myself as little as possible by food contaminated with lead, copper, brass, or bell-metal.

10th. I have developed my body harmoniously.

11th. I have allowed myself at least ten hours rest in almost every twenty-four.

12th. I have paid a due regard to bathing, without, however, rendering myself amphibious, or carrying a good thing to excess.

13th. I have been particular that every portion of my dress should be as loose and easy as the free action of my muscles and limbs would permit.

14th. I have allowed myself at least ten hours rest in almost every twenty-four.

15th. During these nine years, while endeavoring to promote my physical welfare, I have made the following discoveries:

1st. That whatever increased my strength improved my health.

2d. That one means of improving my health was to increase my strength.

3d. That the stronger I became, the healthier I became.

4th. That it was as easy for me to increase the strength of my body as it was that of a magnet.

5th. That, by developing my body harmoniously, I could produce the possibility of harm, or any other serious injury, that otherwise might arise from an extremely violent action of my muscles.

6th. That lifting, if properly practised, was the surest and quickest method of producing harmonious development; while it was also the most strenuous exercise, and exercises, and consequently the most healthful.

7th. That it was better, while exercising, to perform twenty different feats once, than onefeat twenty times.

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9th. That I could gain faster in strength by forty minutes' gymnastic exercise, than by two days of twenty minutes of the same daily.

10th. That, as my strength increased, my exercises should be more intense, but less protracted.

11th. That increase of the muscular power was attended with increase of the digestive.

12th. That one means of increasing the digestive power, was to increase the muscular.

13th. That many articles of food had formerly proved injurious to me, not because they were really unwholesome, but because I was unable to digest them.

14th. That a person may become possessed of great physical strength, without having inherited it from his parents.

15th. That by increasing the strength, a predisposition to certain diseases may be removed, and diseases already present removed or mitigated.

16th. The increase of strength cannot long continue on a diet exclusively vegetable.

17th. That it was better, while exercising, to perform take place less from the skin, but more from the lungs and other excretaries.

18th. That what becomes a part of the body, benefits more or less, the whole.

19th. That, long before I succeeded in lifting 1100 lbs. with the hands, or in shouldering a barrel of flour from the floor, I had to be troubled with such headaches, nervousness and indigestion.

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